

**ABSTRACT**

**[0057]** An insert for a container includes an outer wall, a upstanding spout, and a bottom wall. The outer wall is configured to fit within an opening of the container and defines the periphery of the insert. The outer wall has a lower edge and an upper edge that is disposed at a first elevation. The upstanding spout is located within the outer wall and includes at least one substantially straight portion. The straight portion has a lower edge as well as a substantially straight upper edge that is disposed at a second elevation less than the first elevation. The bottom wall connects the lower edge of the outer wall and the lower edge of the spout to form a channel between the outer wall and the spout.